

Ways to travel to...

Ashton Primary Care Centre

by walking, cycling, bus and train



Healthy travel options

Ashton Primary Care Centre is in the new St. Petersfield development on Old Street, near to the Lidl supermarket.

Including walking and cycling as part of your everyday travel routine will help to keep you healthy. Thirty minutes or more of walking or cycling every day reduces your risk of coronary heart disease, colon cancer, Type 2 diabetes and osteoporosis. It also helps to keep you flexible and active as you get older.



Walking

From Ashton Bus Station to Ashton Primary Care Centre

The Centre is about 10 minutes' walk from Ashton bus and rail stations. During the day, you can walk through the Arcades and the Ladysmith Shopping Centres onto Old Street. When you reach Old Street, turn right. Cross Oldham Road, go past Ashton Library, and then cross Cavendish Street. In the evening, walk towards the entrance to the Arcades on Water Street. Turn right and walk along Water Street past the swimming pool. Then cross Oldham Road, turn left and walk towards Ashton Library. At the Library, turn right onto Old Street, and cross Cavendish Street.

From the Asda side of the dual carriageway

The dual carriageway (Ashton by-pass) cannot be crossed on foot. There are two ways to get to the health centre from the Asda side of the dual carriageway:

- Go through the underpass at the ASDA roundabout. It is well used in the daytime.
- If you prefer, there is a controlled crossing point at Chester Square.

Cycling

There is cycle parking for 16 bikes at the front of Ashton Primary Care Centre.

Help with your travel

Tickets that save you money

If you are travelling to the Centre by bus or train there is a range of saver tickets available. You can buy Bus Daysaver tickets on the bus and Rail Ranger tickets at the station (or on the train if your local station is not staffed).

Ask the bus driver or rail staff for advice on the best ticket for you.

Help with your travel costs

You may be able to get help with the cost of attending an appointment in the Ashton Centre if you are coming in for an appointment with a specialist that has been arranged by your doctor.

You may be able to get help with the cost of travel to the Centre:

- If you or your family get Income Support, income-based Job Seeker's Allowance or if you are an Asylum Seeker.
- If you get Working Families Tax Credit, Pension Credit or Disabled Person's Tax Credit.
- If your income is low, or you are a war pensioner, you may also get help.

The claim point for healthcare travel costs is at the reception desk.

Door-to-door

If you find it difficult to use public transport the following services may be able to help you:

Tameside Ring and Ride

Enquiries: **0161 343 1404**

www.ringandride.info

Booking line: **0161 343 1808**

Miles of Smiles Voluntary Car Scheme in Tameside

Tel: **0161 339 2345**

Glossop Community Transport Dial-A-Ride

2 Chapel Street, Glossop SK13 8AT

Tel: **01457 861635**

www.glossopct.co.uk

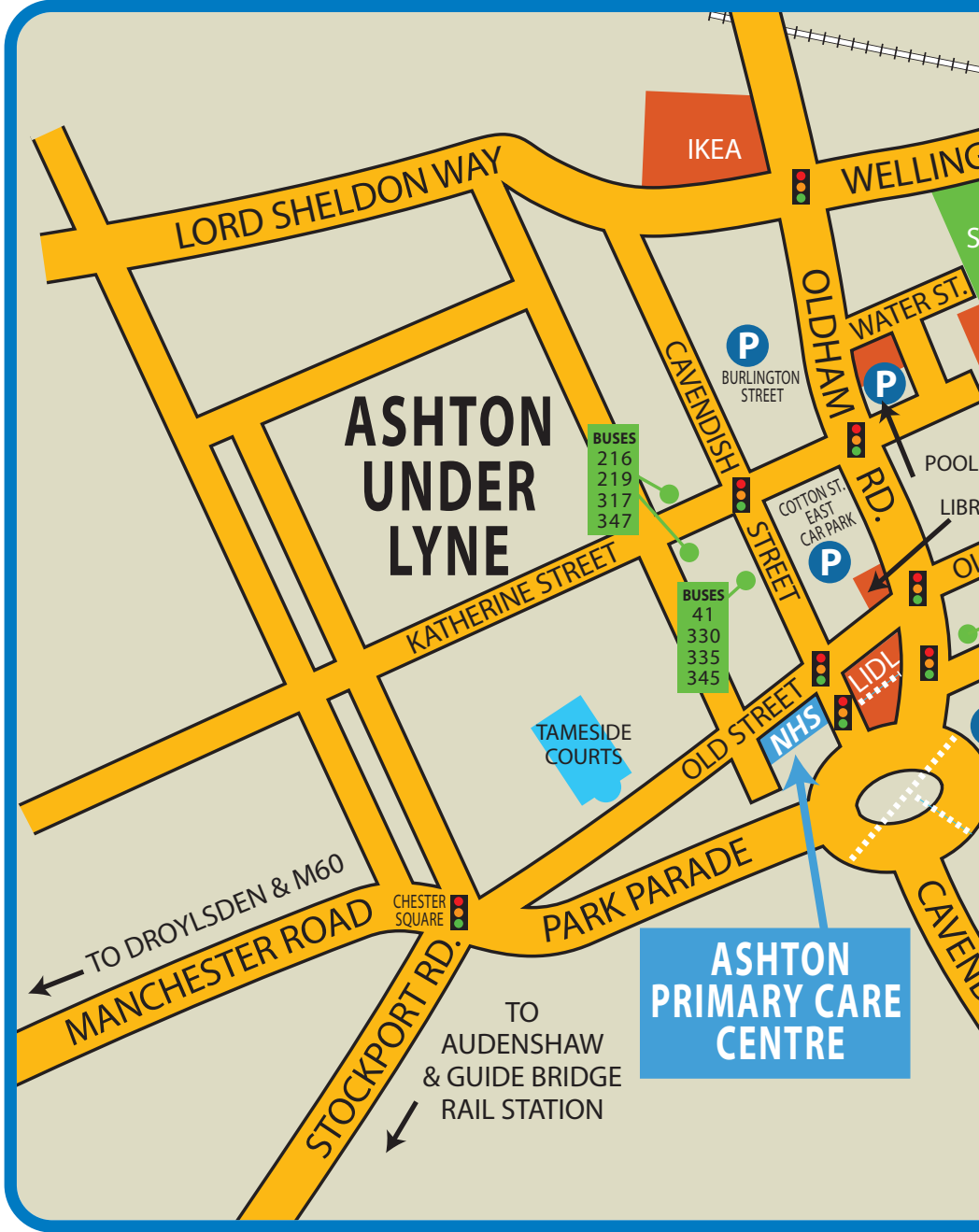
Glossop Voluntary Car Scheme

Tel: **01457 865722**

www.vcglossop.org.uk

Local Link

Tel: **08456 05 55 05** (local call rate)





Car parking

Ashton Primary Care Centre has very limited car parking. Parking spaces are available for Blue Badge Holders in the car park to the rear of the Centre. All other patients will have to park off-site. Below is a list of nearby Pay & Display car parks and the number of spaces available in each.

Car Parks

Cotton Street	77
Crown Street	68
Water Street (Ashton Pool)	64
Burlington Street	73
Church Street	145
Arcades	500+

Public transport information

The Primary Care Centre is 10 minutes' walk from the bus station.
The following buses go to Ashton Bus Station...

Buses - most frequent in blue

Ashton

Crowhill **337**

Daisy Nook **168** 231 169

Guide Bridge **219** 317 347

Hartshead **393** 231 232

Hazelhurst & Higher Hurst **38 39**

Hurst Cross **331 333** 38 39

Palace Road **38 39**

Smallshaw **331** 332 333 393

Waterloo **409** 231 233 337

395 396 419

Audenshaw 216 7 236

237 218 219

Broadbottom 239

Denton 347 317 335 345

Dane Bank **317**

Haughton Green **347**

St Annes Estate **335**

Droylsden 216 7 168 231

169 236 237 218

Littlemoss **168** 169 231 331

332 333

Manor Road **231**

Moorside **168 169** 231



Dukinfield

Circular **41**

Albion Hotel **346**

Crematorium **346**

Town Hall **330** 41 335 345

Yew Tree Estate **41 389**

Gamesley 239

Glossop 236 237 239

Dinting **236 237** 239

Hadfield 237

Hattersley 387

Hollingworth 236 237

Bus times:

Traveline on **0871 200 22 33**

For help planning your journey:
www.transportdirect.info

Train times:

National Rail Enquiries
on **08457 48 49 50**
or www.nationalrail.co.uk

Hyde 330 346 387 389

Dowson Road **330**

Gee Cross **330** 346 389

Godley **387**

Knott Lane **389**

Newton **346 389**

Mossley 350 217 353 354

Hey Farm Estate **350**

Micklehurst **350** 217

Mottram 236 237 239 387

Stalybridge 219 348 217

236 237 239 353 354 387

389

Carrbrook **348**

Copley **348** 217

Heyrod **353 354**

Millbrook **348** 217

Ridge Hill Estate **389** 387

Trains (daytime frequencies)

Trains call at **Ashton** Rail Station
from the following destinations:

Stalybridge 2 trains per hour
(but not half hourly)

Mossley 1 train per hour.

Trains call at **Guide Bridge** Rail
Station from the following
destinations:

Broadbottom (every 30 mins)

Dinting (every 30 mins)

Fairfield (every 60 mins)

Flowery Field (every 30 mins)

Glossop (every 30 mins)

Godley (every 30 mins)

Hadfield (every 30 mins)

Hattersley (every 30 mins)

Hyde Central (every 60 mins)

Hyde North (every 60 mins)

Newton for Hyde (every 30 mins)

The bus stop for services to
Ashton is on Stockport Road. Turn
right out of Guide Bridge Station.

What's at the centre?

- Trafalgar Square GP Practice
- GP Access Centre
- GP Out of Hours Service
- Dental Out of Hours Service



- Audiology
- Breast Screening
- Community Dentistry
- Dermatology
- Diabetics clinics
- Dietetics and Nutrition
- District Nursing clinics
- Health and Well-being Promotion
- Health Information
- Health Visitor clinics
- Mobile Diagnostic clinics
- Sexual Health
- Specialist Eye clinics
- Physiotherapy
- Podiatry
- Primary Care Mental Health



Tameside and Glossop

Ashton Primary Care Centre

193 Old Street, Ashton-u-Lyne, OL6 7SR

Tel: 0161 342 7000

www.tamesideandglossop.nhs.uk

NHS Direct: www.nhsdirect.nhs.uk